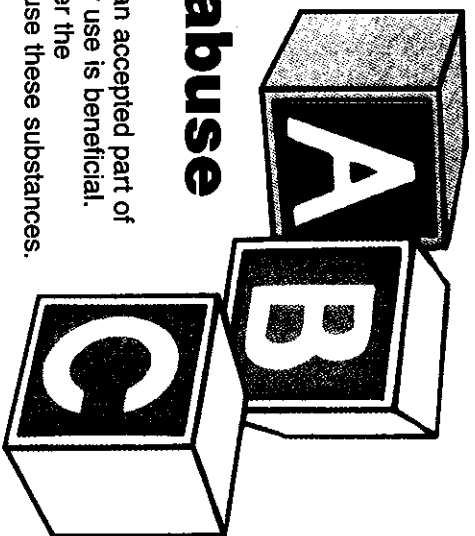


Learn the ABC's of alcohol and drug abuse



Using alcohol and drugs is an accepted part of our culture. Sometimes their use is beneficial. But all too often we step over the invisible line and start to abuse these substances.

How do you know when you're abusing and not just using?

Take this simple test:

Do you **USE** alcohol and/or drugs because you:



Always need to be "high" to relax?



Believe they make you smarter, stronger, and happier?

If you answered "yes," then you're in trouble, because when you

add **A** and **B** to **USE** you get



Once you realize you have a problem, the next step is to



control your use of these substances.



**Putting on a
mask to the
real
world
is a
mistake**



The excuse of "I need the relief of alcohol and drugs in order to cope with my problems" is silly. The truth is—you don't solve problems when you're drunk or "high," you avoid them, and

**they
get
worse!**



Alcohol and drugs may give the illusion of freeing you from the fears, responsibilities, and petty hassles of everyday life. And on a rare occasion this little bit of relief may be OK. But as a steady diet it can destroy you physically and mentally.

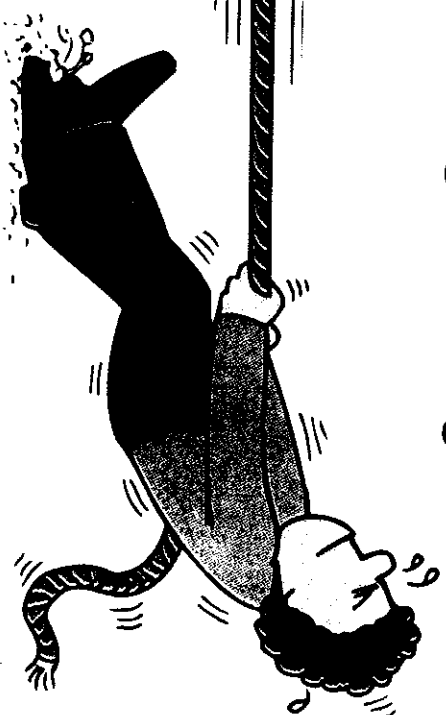
When you must dull your mind in order to cope with life, there are usually big problems you're not facing, such as:

- Family problems
- Low self-esteem
- Financial worries
- Feelings of inadequacy

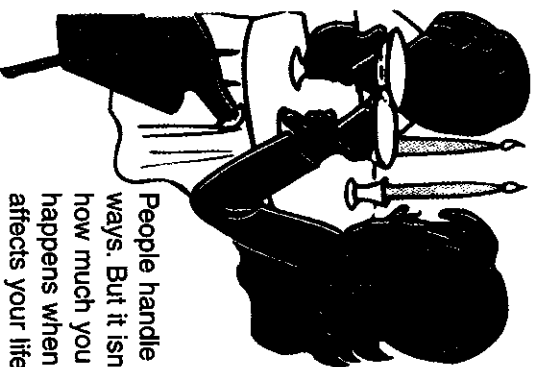
**If you have the desire, you can
handle substance abuse and
take control of your life.**

Who's in control?

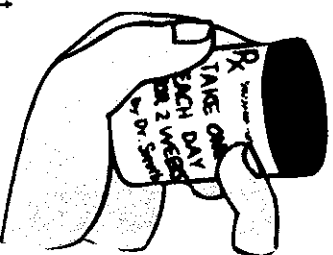
Your good sense or your craving to be "high"?



Many of us enjoy an occasional social drink or take legal drugs under a doctor's supervision. That's OK as long as we don't overdo it and consume our lives thinking about it.



People handle alcohol in different ways. But it isn't necessarily how much you drink, it's what happens when you drink, and how it affects your life and those around you.



Later in this booklet you will learn to recognize some of the symptoms that could add up to problems.

Drug abuse causes added problems

Besides harming your body and mind, most abused drugs are illegal. Buying and using them could result in arrest, fines, or even jail! The typical reasons presented for taking the express train to Utopia with drugs are:

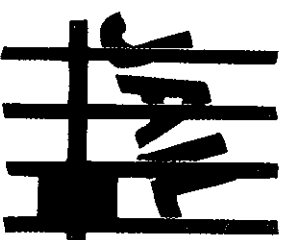
- It helps me to relax.
- It expands the mind.
- It heightens the senses.
- It makes me feel confident.

The truth is, as you'll find out later in this booklet, you can achieve these same feelings naturally without destroying your body or life. And a "natural high" is legal.

Hiding behind drugs or alcohol could lead to the biggest problem of your life—



addiction.



It takes more than willpower to handle substance abuse



Addiction can make you crave things that the logical part of the mind doesn't have control over. Simply defined, an addiction means to give yourself over to a habit. There is some debate about whether certain drugs are physically addictive.

- But the simple fact is—if you have to spend the major portion of your week:
- Planning on getting drunk,
 - Getting the money to buy the drugs or alcohol,
 - Making arrangements to buy drugs, *or*
 - Worrying about buying the drugs without getting caught and arrested,
- you are chasing something that's destroying you. It doesn't really matter what the technical definition of addiction is—you know all too well what it means.

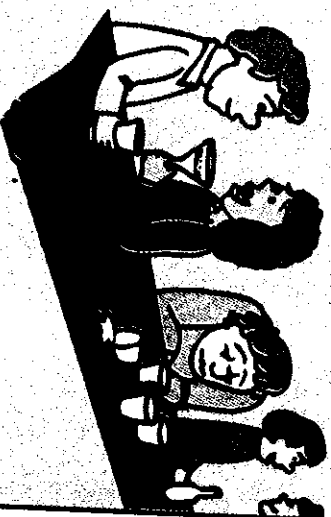


Addiction is a vicious and heartless adversary, but it can be totally controlled if you seek help.

The most abused substances and their effects are:

Alcohol

Alcohol is a legal, socially acceptable, and inexpensive substance to use. Because it's an accepted part of many occasions, it's hard to recognize when you cross the invisible line from social drinking to problem drinking.



The following checklist may help you determine if you have a drinking problem.

Do you:

- Lose time from work due to drinking?
- Want a drink in the morning?
- Have trouble sleeping?
- Drink to feel more confident or outgoing?
- Feel easily frustrated?
- Find you are overanxious or oversensitive?
- Blame others for your problems?
- Drink alone?
- Let family or job responsibilities slide?
- Forget what happened when you were drinking?
- Find you have lost weight?
- Find your mind is not working quickly?
- Have violent mood swings?

If you drink regularly, answering "yes" to any of these questions could indicate that you have a drinking problem.

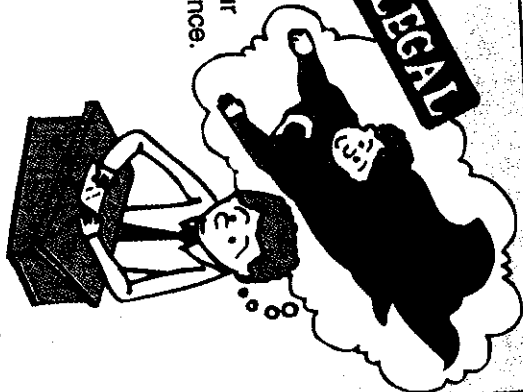
Admitting that you have a problem is the first step. The best place to start solving it is at Alcoholics Anonymous. An AA group is as close as your phone book.



Cocaine

Cocaine gives a temporary feeling of being almost superhuman. The truth—and the drug hides it well—is that cocaine overconfidence ruins your judgment and hurts job performance.

ILLEGAL



The craving for cocaine keeps growing. The more cocaine you use, the more cocaine you want, and the less you want anything else.



The cost of cocaine is so high that it's not unusual for one to end up stealing from employers, family, or friends to pay for the drug or the other bills that the habit has left unpaid.



The health risks of cocaine use are:

- It replaces food and sleep, draining your body and mind.
- It breaks down nasal membranes.
- It lowers resistance to illness.

This "recreational drug" is no joyride. It's more like a frightening ride down a dark tunnel ... and many don't make it to the end. You can break this habit. Call the national hot line, **800 COCAINE**, or your local drug hot line for help.



Marijuana

Marijuana smokers claim that marijuana is harmless. They say they smoke it to be relaxed and feel happy.

ILLEGAL



No one can honestly believe that inhaling smoke into the lungs is harmless, and besides being illegal, marijuana creates other problems:

- Your physical reflexes slow down.
- Your mental powers diminish.
- It makes you forgetful.
- Everything seems unimportant.
- You lose interest in sex.
- You lose track of time.
- It throws off space and distance judgment.
- In general, your chances of causing serious accidents and injuries increase dramatically.
- It increases your chances of getting lung cancer.



Marijuana puts a dense screen between you and the real world. Learn to relax without this crutch. It's easier and more satisfying than you think.



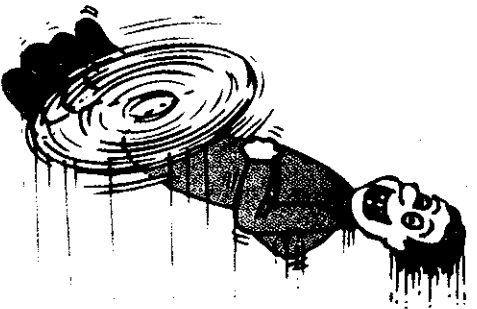
Amphetamines

"Speed" "Uppers"

These are used by some people who want to stay awake for a long project, a party, or driving long distances. It may feel like they give you stamina and drive, but they also cause you to:

- Rush around wildly.
- Push beyond your physical capacity.
- Make careless mistakes.

Amphetamines are addictive—the more you take, the more you need to get "up." Avoid big problems and stay away from these drugs in the first place.



Sedatives

"Downers"

Tranquilizers, barbiturates, sleeping pills, and painkillers are sedatives. These drugs provide legitimate short-term relief for stress, depression, sleeplessness, and severe pain. They are so common that some people take these powerful drugs for granted and use them in an abusive and casual manner.



These drugs:

- Make your mind and reflexes operate slowly.
- Numb all emotions.
- Are addictive; you need more and more to get the same effect.

If you can't face the day without "uppers" or "downers," seek help from your doctor or a drug counselor.

Depend on yourself, not on drugs.

Heroin

"Junk"

Some people think heroin's not addictive if you don't use a needle or if you only use it sometimes.

Heroin is always addictive.

It makes you uninterested in and, eventually, unable to do anything else.

The time between fixes gets shorter and shorter and you get sicker. Jobs, families, and friends fade into the background. Some other dangers of using heroin are:

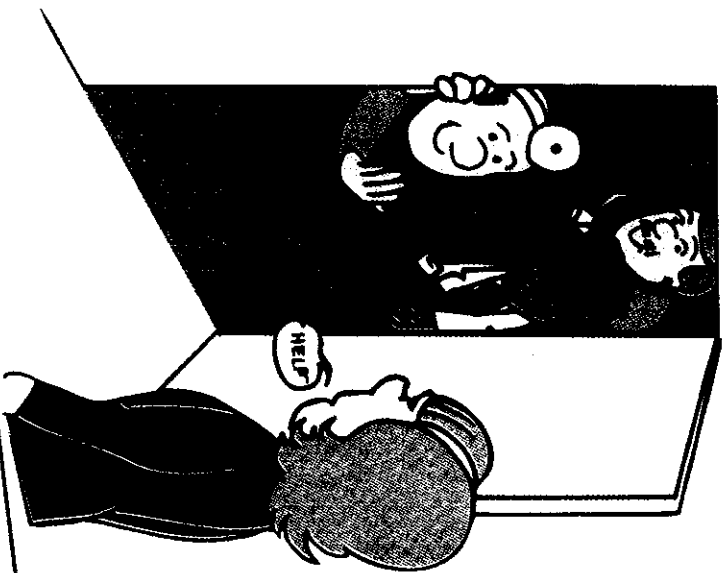
- Using it is illegal
- Overdosing and dying
- Getting hepatitis or AIDS
- Neglecting your health and getting sick
- Becoming a thief to support the habit

But you can overcome heroin addiction. Call your local hospital or drug abuse hot line for help. Get a referral to a specialized treatment center that will guide and support you while you beat your addiction—and start rebuilding your life.

ILLEGAL



Help is there asking for the



It's never too late or too soon to change a substance abuse problem.



If you suspect that you have a problem, don't think that it will go away if you ignore it.

It will only get worse.

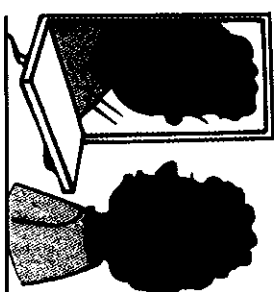


The first thing you must do is accept the fact that abusing drugs or alcohol is like playing with fire— it can, and does, destroy the lives of people just like you every day.

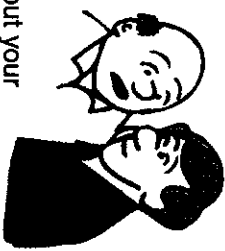
One way to break your bad habit is to try getting "high" naturally.

If you want to:	
• Relax	Watch a beautiful sunset, meditate, listen to calm music, do deep breathing exercises.
• Heighten senses	Do vigorous exercise, such as running or swimming. Or take a hike with a friend.
• Expand your mind	Learn something new. Take a night school course.
• Feel more confident	Practice martial arts. Do things that you know you do well.

If you push yourself to the limit and beyond in pursuit of "natural highs," you'll grow and expand to become more than you ever dreamed you could be. But pushing yourself to the limit with drugs and alcohol will only destroy all that you hope to be.



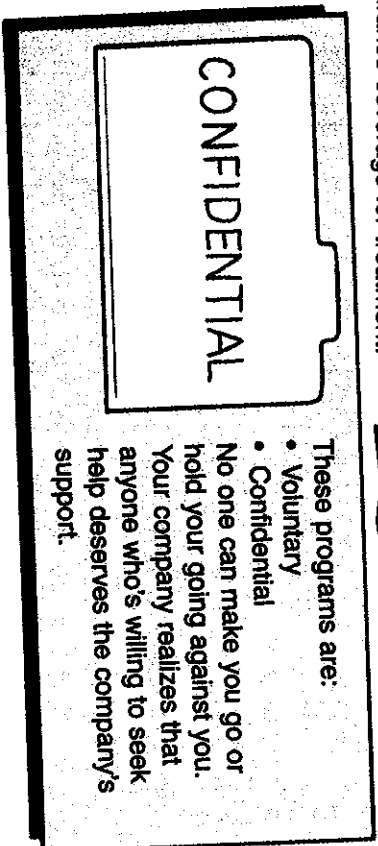
Talk to a close friend about your problem. If your friends keep telling you that you have a problem, listen to them, and take a good look at yourself. Sometimes it's not easy to see ourselves clearly.



All you have to do is ASK—the help is there.

Your employer wants to help

Many companies have employee assistance programs (EAPs) that refer you to professionals and groups to help with your problem. They also provide information about insurance coverage for treatment.



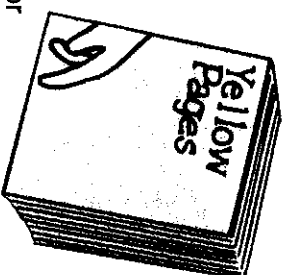
Another source for help is your phone book. Look in the Yellow Pages for:

- Human services
- Health organizations
- Social services organizations
- Mental health organizations

You'll find listings for help with alcohol, cocaine, or drugs in the White Pages.

You can also try:

- the INFO or HELP line
 - hospital
 - your doctor
 - member of the clergy
- If you're ready to deal with your problems, a lot of people are ready to help.



You're not alone with your problem



A lot of people could be affected if you have a substance abuse problem:

- Family
- Friends
- Co-workers
- Employer

And they all would jump at the chance to help you overcome it. No one sets out to become an alcohol or drug abuser. It just kind of sneaks up on you.

Once you suspect you have a problem, all you have to do is utter one little four-letter word (help). You'll be happily surprised at how many concerned people will come to your aid.

